

ABSTRACT

An image forming method comprising the steps of:
superposing an image receiving sheet containing an image
5 receiving layer and a heat transfer sheet containing a substrate,
a light-heat conversion layer and an image forming layer on
each other with the image forming layer of the heat transfer
sheet facing the image receiving layer of the image receiving
sheet; and imagewise irradiating the superposed heat transfer
10 sheet with laser light to cause the irradiated area of the image
forming layer to be transferred to the image receiving layer,
wherein the image forming layer shows a deformation of 110%
or more as observed under a transmission electron microscope
upon being irradiated with a laser beam, the deformation being
15 represented by equation: $\text{Deformation (\%)} = [(a+b)/b] \times 100$
wherein a represents an increase of a cross-sectional area of
an irradiated part of the image forming layer; and b represents
a cross-sectional area of that part of the image forming layer
before irradiation.